

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Health & Wellbeing	Health & Wellbeing	Relationships and sex Education	Relationships and sex Education	Living in the wider world	Living in the wider world
Topic	Mental health & wellbeing	Internet safety and harms	Families	Respectful relationships including friendships	Learning skills, choices & pathways	Work & career, Employment rights and responsibilities
Knowledge	How to support good mental health and to understand the importance of it.	How to recognise and report harmful online behaviour. How to be a discerning online consumer.	To learn about different types of stable relationships and to be able to recognise unsafe relationships.	Know what constitutes a healthy relationship and understand boundaries and how to tackle unsafe or inappropriate relationships.	To know own strengths and interests and develop ideas for a pathway into a chosen career.	To know about the labour market and some legal aspects within the workplace.